

# *Lest We Forget*



We will always remember. We will always be proud. We will always be prepared, so we will always be free.

-- Ronald Reagan

# Cobra Brigade mourns outstanding NCOs



**Lt. Col. Gian Gentile and Command Sgt. Maj. Rafael Rodriguez, both of 8th Squadron, 10th Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, pay their respects May 4 to Staff Sgt. Bryant Herlem and Sgt. Jose Gomez, both of Headquarters and Headquarters Troop.**

*Story and photos by Staff Sgt. Brent Williams*

Multi-National Division – Baghdad’s finest came together here in a moment of reverence for two brothers-in-arms fallen in battle.

Staff Sgt. Bryant Anthony Herlem and Sgt. Jose Gomez, Headquarters and Headquarters Troop, 8th Squadron, 10th Cavalry Regiment, who were killed in action while on patrol April 28, when a roadside bomb detonated on their convoy.

Soldiers and leaders of the 4th Brigade Combat Team, 4th Infantry Division, filled the Steel Falcon Chapel Thursday to offer their respects in the memory of the two Soldiers.

“It was their perfect act of selfless devotion to protecting their buddies and the fundamental element of chance in war that killed these two brave Soldiers, and it is their perfect acts of courage that binds us together as a band of Soldiers and makes us stronger,” said Lt. Col. Gian Gentile, commander, 8th Sqdn., 10th Cav. Reg., addressing the Soldiers in attendance.

“It was NCOs like these men, who built this squadron from scratch, trained it, deployed it, and fought here in Iraq, but more important than what they did to get the squadron to Iraq was their selfless devotion to the protection of their buddies on the day they were killed in action,” Gentile said. “It is in this act that we remember them by, and it is what binds us and makes us stronger as a band of Soldiers.”

Capt. Michael Findlay, HHT, opened the tributes for the fallen scouts, remembering the noncommissioned officers who worked as a personal security detail for the squadron’s

command.

Those who served closest with the NCOs remembered unique accounts distinguishing the cavalry scouts as leaders and Soldiers – and ultimately honored their comrades as friends and brothers.

“Everyone remembers Staff Sgt. Herlem in more ways than one. He was there in good times and bad,” said Sgt. Joel Lopez, HHT, 8th Sqdn., 10th Cav. Reg. “Staff Sgt. Herlem demanded a lot from his Soldiers, and he demanded a lot from himself, if not more. Staff Sgt. Herlem was an old-school Soldier; he was a Soldier’s Soldier.”

Lopez said he would not forget the incident but would only learn from it.

Cpl. Jacob Portalatin, Troop D, 8th Sqdn., 10th Cav. Reg., gave tribute for his sergeant and friend, a “squared-away” NCO

who went the extra mile to get the job done.

Not only peer to peer but Soldier to Soldier, said Portalatin, Gomez was remembered as a “quiet professional,” who did not know the meaning of the words, “I can’t.”

“The last time I saw Sgt. Gomez, I was crossing an intersection heading to where an IED had gone off. I realized that I would probably be in his way if any threat came from that direction, so I looked up towards the turret and saw his face,” Portalatin said. “When we made eye contact, he looked up at me with a smile and nodded his head, telling me silently that everything is going to be alright, letting me know that there was no other place he would rather be and nothing else he would rather be doing.”

“Even in his last moments, he was an example,” Portalatin added.

The memorial meditation and benediction were headed by Capt. Paul Berghaus, chaplain, 8th Sqdn., 10th Cav. Reg., who also concluded the ceremony addressing the many Soldiers gathered before him.

“They were great men indeed. This is why we miss them so much,” Berghaus said. “We grieve their loss because of who they were as men and because of what they did as Soldiers.

“Honor them in your hearts and in your fond memories of them, and honor them by completing the work to which they devoted their lives.”



# Picking up the pieces

Story and photos by  
Pfc. Jason Dangel

**Soldiers of 8th Squadron, 10th Cavalry deliver humanitarian aid to Iraqi citizens caught in crossfire**

In an effort to provide assistance to local citizens, Multi-National Division – Baghdad Soldiers from 8th Squadron, 10th Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, delivered a surplus of building supplies to a Baghdad neighborhood April 15.

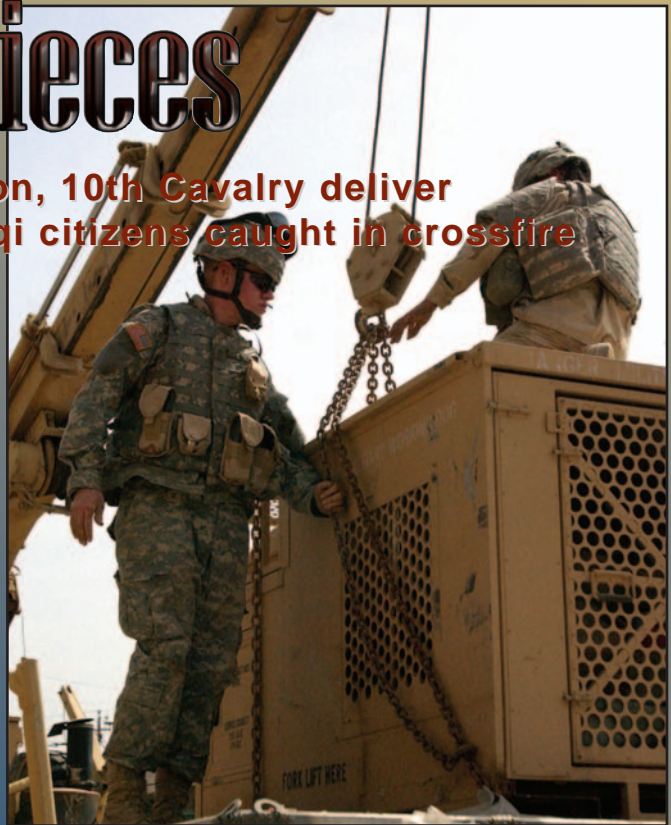
In Al Amarryia, a small neighborhood in central Baghdad, children play in the streets. Shopkeepers greet customers and daily commuters pass by with a friendly wave as they make their way to work each day. Yet, the Iraqi people in this community share a heavy burden.

Despite the appearance of the small neighborhood, or muhalla, which is comparably better than many in the Iraqi capital, the neighborhood is considered one of the most hostile areas in the MND-B area of operations.

The people in this community are the constant victims of violent terrorist acts. One of the more recent attacks, an improvised-explosive device detonating in the street, damaged several shops in the muhalla.

As Iraqi citizens continue to live through daily strife and terrorism, Soldiers from the 4th Inf. Div.'s "Cobra" Brigade want to help as much as possible, whether to assist in rebuilding or providing security for the Iraqi people during these difficult times.

The "Rough Riders" from Troop D, 8-10 Cav., delivered two electric generators, plywood, paint and other building supplies to assist in repairing the bombed buildings.



**Soldiers from Troop D, 8th Squadron 10th Cavalry, 4th Brigade Combat Team, 4th Infantry Division deliver a generator and construction supplies to a neighborhood in central Baghdad.**

"We are delivering generators and repair materials to the people of this street because of a terrorist attack on one of our patrols a few days ago," said Lt. Col. Gian Gentile, commander, 8-10 Cav., 4th BCT.

"The large explosion destroyed or damaged a lot of the businesses along the road, so we're just trying to help out a little bit by bringing these materials to help the people repair their businesses and get on with their lives," Gentile said.

Soldiers unloaded lumber, insulation and other building materials onto the main street as the citizens gathered to watch.

Sgt. Christopher Taylor, gunner, Troop A, 8-10 Cav., tasked to provide security for the mission, said the supplies will not only help with repairs but will also help to gain the trust of the people in the area.

"They have to understand that we are here to help," he said, "and if they need help, they need to come to us because that's what we're here for."



**Soldiers from Troop D, 8th Squadron 10th Cavalry, 4th Brigade Combat Team, 4th Infantry Division construction supplies to a neighborhood in central Baghdad. The neighborhood was recently damaged by an Improvised Explosive Device.**



# New faces arrive as Georgian Army



## completes transfer of authority

*Story and Photos by Staff Sgt. Brent Williams*

Multi-National Division-Baghdad gained a new partner in securing the new Iraqi government in the International Zone during a recent transfer of authority ceremony. Attached to the 4th Infantry Division's 4th Brigade Combat Team, the Georgian Army's 22nd Light Infantry Battalion, 2nd Brigade uncased its unit colors during a transfer of authority ceremony at Forward Operating Base Union I April 21.

The ceremonious act signified the successful completion of the Georgian Armed Forces' 21st Light Battalion, 2nd Brigade's seven-month mission to provide force protection and stabilization operations within the International Zone and Iraq.

"This is a special day," said Col. Michael Beech, commander, 4th BCT, 4th Inf. Div. "I'd like to especially recognize and congratulate the 21st Bn. on their successful tour of duty completing seven months here in Iraq."

Beech thanked the Georgian soldiers for their disciplined and professional performance, wishing the outgoing battalion commander, Capt. Nikoloz Nemsitsveridze, and his soldiers luck and speed during their redeployment.

"Over the past seven months, the 21st Bn. has more than just accomplished this mission, but has built for itself a reputation for being a tough

and well disciplined military force," Beech said to the company commanders standing in formation before him.

The brigade commander also used the ceremony as an opportunity to officially welcome the incoming unit to its mission in Baghdad's IZ.

"The 4th BCT stands willing and ready to stand by your side and support you in your new mission," he said to Georgian Capt. Lasha Karmazanashvili, commander, 22nd Lt. Inf. Bn., 2nd Bde.

With the casing of their colors, the commander of the 21st Lt. Inf. Bn. officially transferred his mission in Iraq to the incoming unit and congratulated his troops on a mission well done.

"During the seven months stay here, we gained a lot of experience and knowledge that we will use back home," Nemsitsveridze concluded.

New to Iraq, the 22nd Lt. Inf. Bn. arrived in Kuwait March 24 to begin training for its mission to secure checkpoints and guard key government sites in the IZ.

The incoming battalion is eager to begin its new mission in Iraq and looks forward to serving with the 4th BCT in its mission to rebuild Iraq, said the incoming battalion commander.

"The 21st Bn., has completed the



Capt. Lasha Karmazanashvili, commander, 22nd Light Infantry Battalion, 2nd Brigade, unfurls his unit's colors during a transfer of authority ceremony at the 4th Infantry Division's 4th Brigade Combat Team's Forward Operating Base Union I located in Baghdad's International Zone April 21.

given mission competently, and from today, we have the responsibility to perform the mission successfully," Karmazanashvili said. "The 22nd Bn. is ready to make the contribution to development and stabilization of the republic of Iraq first."



The Georgian Army's 22nd Light Infantry Battalion officially takes command from the outgoing 21st Light Infantry Battalion at FOB Union April 21. The ceremony officially signified the start of the incoming Georgian Army battalion's mission to assist coalition forces in securing the IZ.



# Cultural Notes: The Start of the End

## *An Enemy for all Iraq; Shia, Sunni, Kurds alike*

Story by D. Saleeh

Abu Musab Al-Zarqawi's latest speech, "A Message to the People," in a sense, is a sign of the end of Al Qaeda, because it seems that senior officials show in their depressed speeches, what they call "victories" in Iraq.

Matter of fact, they have no victories. Their "success" involves destroying and killing the innocent Iraqis who gain their freedom from the former dictator, Saddam Hussein.

We Iraqis, we say to him, "You don't have a place here in Iraq either, and we want you out of our new country."

If we analyze Zarqawi's speech, we will see several points.

One point of this recent speech has Zarqawi trying to show himself as a "hero" in the desert, but the matter of the fact is he is the "Rat" of the desert, because he will spend the rest of his life, what little bit is left, hiding in the dark tunnels and scurrying from the feet of his enemies.

Our enemies, the enemies of Iraq, they are afraid of the Iraqi sun, the sun of the freedom. The light of the freedom our Iraqis will continue to feed in order to keep our lands alive.

During Zarqawi's speech, he talks about the Iraqi elections, and he talks about what the U.S. President Bush did in Iraq.

"Be very careful concerning the gangsters who are trying to pre-empt your jihad in collaboration with the Zionists. Do not ever put your weapons down. If you were to do so, it will be the time of regret, shame, humiliation in earth and after life," he



U.S. Army Photo by Pfc. Jason Dangel

**Iraqi Shurta Wadaniya, or national police, search for terrorists operating in Hurr Rajaab. The Iraqi Police and Army forces are operating to capture terrorists in Baghdad.** said.

That is ridiculous. We don't need the service of Zarqawi's jihadist. They should in fact lay down their arms. They also are not welcomed in our country.

Zarqawi describes the victory the Iraqis achieved in the political process, when the Sunnis, Shiatt and Kurds, have agreed to form a national government as impossible.

Based on the intentions of Iraqi's leaders to have a free country, Zarqawi describes our efforts as "Combining the Contradictaries."

But look at Zarqawi, he is so isolated from people, even the Iraqi armed groups have realized that the Rat is trying to establish a new Afghanistan in Iraq.

After being kicked out by the international community, and even his people in Jordan, after what he did, killing the innocent people with out any reasons, he is a disgrace to all, and he is living the last days of his life.

Doesn't matter how long it takes the Iraqi people, we will bring the Rat to justice sooner or later.

*The views expressed in this article are the opinion of a local Iraqi citizen and do not necessarily reflect the views or opinions of the 4th Brigade Combat Team.*



U.S. Army photo by Pfc. Jason Dangel

**Iraqi Shurta Wadaniya conduct nightly patrols and operations to capture criminals and terrorists working with Al Qaeda and armed militias in Baghdad.**



# THE COLOR OF IRAQI DINAR

Story by Staff Sgt. Brent Williams

The Multi-National Division-Baghdad's 425th Civil Affairs Battalion hosted a seminar on Finance for Managers and Principles for International Contract Negotiations for the Rasheed District Chamber of Commerce.

The third seminar since the chamber's inception, 25 members of the Iraqi entrepreneurial organization met at the 4th Infantry Division's 4th Brigade Combat Team's Forward Operating Base Prosperity in Baghdad's International Zone to learn about budget development and planning, and contract negotiations with international businesses.

"Their vision is to improve the economic conditions of Al Rasheed by developing current businesses and identifying potential businesses which will succeed in Rasheed and Baghdad," said Maj. Carlos Molina, liaison officer, Company A, 425th CA Bn., attached to the 4th BCT.

The meeting for members of Iraq's business communities is a relatively new idea in efforts to stimulate economic pluralism, and their goals are key to the future of Baghdad and the republic of Iraq, said the 41-year old Molina from Trujillo Alto, Puerto Rico.

The purpose of the chamber of commerce is to assist Iraqi business men and women find and develop local businesses and future business opportunities in Baghdad's Al Rasheed District, explained the officer responsible for coordinating and planning civil military operations for the 4th BCT.

Looking to create and invest in factories, construction companies, gas stations and local markets in the Rasheed District, members of the council have created plans for future business ventures and financial management plans in efforts to stabilize the Iraqi economy, he said.

The development of business in Iraq is slow due to the current security situation, which is deterring banks from making small loans to local businesses, but once the United States Agency for International Development's micro loan program begins in Baghdad, Iraq's entrepreneurs will be able to build upon their business opportunities, said Molina.

"It's just the matter of obtaining the funding necessary to implement the ideas," he explained.

New protective measures in Rasheed such as the Dora Security Council and its efforts to provide security for local Iraqi vendors and marketplaces by coordinating Iraqi security forces to protect local businesses will help to counter terrorist activities in Baghdad, said Molina.

Molina, who became involved with the Rasheed Chamber of Commerce upon deploying with his unit in April 2005, discovered a group of businessmen only interested in gaining military contracts for local projects.

"Up front, I told them from the beginning not to expect projects from me," Molina said. "All I could do for them is provide assistance for developing their capacity as members of

the chamber of commerce to develop strategic business plans for improving their own businesses or developing new businesses for Rasheed and Baghdad."

Molina, a member of the U.S. Army Reserves with more than 19 years in the service, began working with the local businessmen to draw up a charter for the chamber outlining their visions and their goals to build a successful enterprise and thus, stimulating their economy.

"They were officially recognized last year by the Ministry of Planning as an official non-governmental organization," he explained, "and since then, we have offered the assistance of integrating the council members and networking them with other organizations, not only here in Baghdad but also international organizations, such as the International Chamber of Commerce and the Center for International Private Enterprise."

Members of the Iraqi Chamber of Commerce are also making efforts to network with other business organizations like the Baghdad Chamber of Commerce and the Iraqi American Chamber of Commerce, said Molina.

"I hope to see that the chamber actually became a functional organization, and that it achieved the goals and objectives that it spelled out in their business plans and to see the members succeed in their own businesses or the new businesses that they may have developed as a result of the economic development for the country, he added.

The Iraqi Chambers of Commerce in Baghdad will remain a focus for the 4th Brigade Combat Team and 4th Infantry Division, said Maj. Jose Acosta, civil affairs officer, 4th BCT, 4th Inf. Div.

"One of the things that we are trying to do in our area of this country is to stimulate the economy," Acosta said. "Having the Chamber of Commerce for Al Rasheed and Al Karradah, is definitely a plus in the way ahead for this country."

The organization for business leaders will allow the country to invest in its future and allow for communication between different communities within Iraq looking to build the economy, said Acosta.

"The most important part is to have an exchange of ideas among the members and among the companies and the key leaders of the area," said the native of San German, Puerto Rico.

After Molina and the Soldiers of the 425th Civil Affairs Battalion's Company A, redeploy to the United States in May, the 4th BCT will continue to focus on the Rasheed District Chamber of Commerce and assist the business leaders of South and Central Baghdad to achieve their objective, said Acosta.

The successful efforts of the business communities in Baghdad, he said, will help future investors to achieve their own goals and visions and lead to a prosperous economy for Iraq.



# TODAY IN HISTORY

## May 15, 1941      First Allied Jet Flies

The jet-propelled Gloster-Whittle E 28/39 aircraft flies successfully over Cranwell, England, in the first test of an Allied aircraft using jet propulsion. The aircraft's turbojet engine, which produced a powerful thrust of hot air, was devised by Frank Whittle, an English aviation engineer and pilot generally regarded as the father of the jet engine.

## May 18, 1980      Mount St. Helens Erupts

At 8:32 a.m. PDT, Mount St. Helens, a volcanic peak in southwestern Washington, suffers a massive eruption, killing 57 people and devastating some 210 square miles of wilderness.

## May 21, 1927      Lindbergh lands in Paris

American pilot Charles A. Lindbergh lands at Le Bourget Field in Paris, successfully completing the first solo, nonstop transatlantic flight and the first ever nonstop flight between New York to Paris. His single-engine monoplane, The Spirit of St. Louis, had lifted off from Roosevelt Field in New York 33 1/2 hours before.

## May 24, 1883      Brooklyn Bridge Opens After

14 years and 27 deaths while being constructed, the Brooklyn Bridge over the East River is opened, connecting the great cities of New York and Brooklyn for the first time in history.

## May 27, 1937      Golden Gate Bridge Opens

San Francisco's Golden Gate Bridge, a stunning technological and artistic achievement, opens to the public after five years of construction.

## May 28, 1754 The French and Indian War

In the first engagement of the French and Indian War, a Virginia militia under 22-year-old Lieutenant Colonel George Washington defeats a French reconnaissance party in southwestern Pennsylvania.

## May 30, 1968      America celebrates Memorial Day

Official proclaimed by Gen. John Logan, national commander of the Grand Army of the Republic, in General Order No. 11 on May 5, 1968, Memorial Day was first observed at Arlington Cemetery when flowers were placed on the graves of Union and Confederate Soldiers.

## June 1, 1968      Helen Keller Dies

On June 1, 1968, Helen Keller dies in Westport, Connecticut, at the age of 87. Blind and deaf from infancy, Keller circumvented her disabilities to become a world-renowned writer and lecturer.

## June 6, 1944 Operation Overlord Commences

On this day in 1944, Supreme Allied Commander General Dwight D. Eisenhower gives the go-ahead for largest amphibious military operation in history: Operation Overlord, code named D-Day, the Allied invasion of northern France.

The 4th Infantry Division lands on Utah Beach meeting German resistance as allied forces embark on a campaign to defeat axis forces in Europe.

## June 8, 1968      Robert Kennedy Buried

Three days after falling prey to an assassin in California, Senator Robert F. Kennedy is laid to rest at Arlington National Cemetery in Virginia, just 30 yards from the grave of his assassinated older brother, President John F. Kennedy.

## June 11, 1962      Three escape from Alcatraz

John and Clarence Anglin and Frank Lee Morris attempt to escape from Alcatraz federal prison. The three men were never seen again, and although some believe that theirs was the only successful getaway from what was known as "The Rock," it is far more likely that they drowned in the chilly 54-degree water.

## June 13, 323 B.C. Alexander the Great Dies

Alexander the Great, the young Macedonian military genius who forged an empire stretching from the eastern Mediterranean to India, dies in Babylon, in present-day Iraq, at the age of 33.

## June 14, 1777 Congress adopts Colors

During the American Revolution, the Continental Congress adopts a resolution stating that "the flag of the United States be thirteen alternate stripes red and white" and that "the Union be thirteen stars, white in a blue field, representing a new Constellation."





# SAFETY FIRST!

## COMPOSITE RISK MANAGEMENT

*All material is referenced from  
FM 5-19 (FM 100-14)*

### The Process of CRM

Composite Risk Management is the Army's primary decision making process for identifying hazards and controlling risks across the full spectrum of Army missions, functions, operations, and activities.

CRM is a decision making process used to mitigate risks associated with all hazards that have the potential to injure or kill personnel, damage or destroy equipment, or otherwise impact mission effectiveness. The primary premise of CRM is that it does not matter where or how the loss occurs, the result is the same--decreased combat power or mission effectiveness.

### The Process of CRM

#### **CRM is a five-step process:**

##### **Step 1--Identify hazards.**

What is a hazard? A hazard is an actual or potential condition, situation, or event that can result in injury, illness or death of personnel, as well as damage, loss, or destruction of equipment and property. A hazard may also be a situation or event that can result in degradation of capabilities or mission failure.

Hazards exist in all environments--combat operations, stability operations, base support operations, training, garrison activities, and off-duty activities.

How are hazards identified? The factors of Mission, Enemy, Terrain & Weather, Troops, Time and Civilians serve as a standard format for identification of hazards, on-duty and off-duty.

##### **Step 2--Assess hazards to determine the risk.**

This process is mechanical in nature and uses charts, codes and numbers to present a methodology to assess probability and severity to obtain a standardized level of risk. The 5-Step CRM process is a method for expressing and depicting a normally intuitive and experience-based thought process. The risk

management process is a disciplined application of 5 steps to obtain and express a risk level in terms that are readily understood at all levels of command.

Hazards are assessed and risk is assigned in terms of probability and severity of adverse impact of an event/occurrence. This step considers the risk or likelihood of an event or incident adversely impacting mission, capabilities, people, equipment, or property.

Hazards and associated risks are assessed during mission analysis, course of action development and analysis step of the Military Decision Making Process and must consider both mission and non-mission related aspects that may have an impact. The end result of this assessment is an initial estimate of risk for each identified hazard expressed in terms of extremely high, high, moderate, or low as determined from the standardized application of the risk assessment matrix.

##### **Step 3--Develop controls and make risk decisions.**

In step 2, hazards were assessed and an initial risk level was determined. In this step, control measures are developed and applied. The hazard is reassessed to determine a residual risk. Risk decisions are always based on the residual risk. The process of developing and applying countermeasures and reassessing risk continues until an acceptable level of risk is achieved or until all risks are reduced to a level where benefits outweigh potential cost.

After assessing each hazard, leaders (Soldiers) develop one or more controls that either eliminate the hazard or reduce the risk of a hazardous incident occurring. In developing controls leaders consider the reason for the hazard, not just the hazard itself.

Controls can take many forms, but normally fall into one of three basic categories: Educational (Awareness)

Controls, Physical Controls, Avoidance/elimination Controls. These controls include positive action to prevent contact with an identified hazard or the total elimination of the hazard.

Sources such as personal experience, After Action Reviews, accident data and lessons learned from similar past operations can provide or identify possible control measures for specific events, operations or missions. The key to effective control measures is that they reduce or eliminate the identified hazard.

Effective control measures must specify **who, what, where, when and how.**

With controls applied, risk must be reassessed to determine the residual risk associated with each hazard and the overall residual risk for the mission. The process of developing/applying countermeasures and reassessing risk continues until an acceptable level of risk is achieved or until all risks are reduced to a level where benefits outweigh cost.

The purpose of the CRM process is to provide a basis for making sound individual and leadership risk decisions.

##### **Step 4--Implement controls.**

Leaders and staff ensure that controls are integrated into Standard Operating Procedures, written and verbal orders, mission briefings, and staff estimates. The critical check for this is to ensure that controls are converted into clear and simple execution orders.

##### **Step 5--Supervise and evaluate.**

Supervision is a form of control measure. It becomes an integral part of the process. It ensures subordinates understand how, when and where controls are implemented. It also ensures that controls are implemented, monitored, and remain in place.

The evaluation process occurs during all phases of the operation, and as part of the AAR and assessment following completion of the operations or activity.

**for more information on CRM try  
<https://crc.army.mil/RiskManagement>**



Fitness advice by

Pfc. Jason Dangel

Personal Trainer certified by the American Counsel on Exercise



## Stay fit in the combat zone!

### TOPIC OF THE MONTH: The importance of Protein

There have been many studies done on what amount of protein is needed per day. The Recommended Daily Allowance suggested by the United States Drug Administration is about .3 grams protein per pound of body weight. This is the base amount of protein needed to sustain health and cellular functions in sedentary adults. However, for athletes that number is certainly higher since they burn more calories. For bodybuilders in intense training programs the number is even higher. When a person lifts heavy weights, their bodies break down muscle protein. To repair this damage a person must consume an adequate amount of protein.

Just how much protein are we talking about? Well the magic number seems to be about 1 gram per pound of body weight. However, people with faster metabolism need even more, up to 1.25 grams per pound of body weight. Now these numbers are not absolute, as some people will undoubtedly need more or less depending on differences in how their bodies work. In addition to the amount of protein, there is the issue of which kind of protein is best? Is there one protein that is heads and shoulders above the rest? To

make a long story short, as long as the protein is from an animal source, there is no protein that is better than any other protein. However there are certain types of protein that are better at certain times of the day or in certain situations. Here is a makeup of the different proteins and how they can be used to optimize results.

**Whey Protein-** Whey is a milk derived soluble protein that is quickly digested. Whey has been clinically shown to increase protein synthesis by as much as 68% when consumed post workout. This is because whey gives your body a flood of

any other time of the day. Another reason whey should only really be used post workout is because at any other time when it is taken by itself your body only uses about 30% of the amino acids. Whey gives your body such a quick flood of aminos that the body thinks it has more protein than it actually does and it sends the "excess" to the liver, where it is oxidized and used as energy.

**Casein-** Casein is the opposite of whey. It is an insoluble, slow-digesting, milk derived protein. Casein has been shown to be anti-catabolic in several studies but

since your body will be going 8 hours without any protein.

**Soy-** Derived from, you guessed it, soy plants! Soy is unique because it is the only complete, non-animal protein. Complete means that it contains all the essential and non-essential amino acids. Soy contains flavones, which are good for your health. It is also rich in Glutamine, which is perhaps the most body-building important amino acid. So what is it good for? Overall, soy is good for your health, and one or two servings a day would be a good idea. However, there are better proteins for bodybuilder's goals.

**Egg Protein-** Eggs have the best amino acid profile available on a single protein. They also have the highest net nitrogen utilization rating, which means that you use more nitrogen, which is what actually builds the muscle. Think about it, you are eating a complete animal, it's nature's gift to bodybuilders. I personally have experienced noticeable gains when I increased my egg consumption. Egg is a medium rate digesting protein, about 1.5-3 hours.

**Meat Proteins-** As far as meat protein sources go red meat is good because it raises testosterone levels, fish is also good because it contains good fats and has higher nitrogen utilization than other meats.



amino acids very quickly, causing a rise in protein synthesis. Unfortunately these same clinical studies showed that whey did nothing to prevent catabolism (muscle breakdown) So what is it good for: Whey is good when consumed post workout because your muscle's need protein fast and whey gives it to them fast, since it is digested in about 30 minutes. For this same reason, you should not take whey on an empty stomach or by itself at

has no effect on increasing protein synthesis. So what is it good for: Casein gels in the stomach and is slow to digest. In fact it takes casein at least 2.5 hours to digest and up to 4 in some cases. For that reason, it is good at any meal other than post workout. Casein is an excellent choice especially right before bed since it gives you a slow stream of aminos over about 3-4 hours and prevents muscle breakdown. You need this slow stream of aminos



# COBRA'S LIGHT

By Chaplain (Capt.) Paul Berghaus  
Squadron Chaplain  
8th Squadron, 10th Cavalry Regiment

Back when I was an Armor officer, I spent two months as an Observer/Controller at the National Training Center, Fort Irwin, Calif. It was the first time I had ever been there, and the first time I had ever experienced navigating my way through the desert at night. My night vision goggles were absolutely essential if I was to get where I needed to go, as I drove my High Mobility Multi-Wheeled Vehicle (minus the doors and wind-shield) throughout "the box."

At times, it was unpleasant to travel at night, even with my night vision goggles; and I much rather would've spent the night curled up in my sleeping bag on the back of the vehicle. But, as you know, the Army never calls off a mission on account of darkness. Instead, the Army gives its Soldiers the ability to see at night; and not only that, to fight and win at night also!

How do you navigate your way through spiritual darkness you encounter, however; and, how do you assist others who are walking in spiritual darkness? Spiritual darkness is something all people face: perhaps it's a cold-heartedness or indifference toward God, or even rebellion against Him; or a sense of weakness in one's faith. How do you deal with it?

Well, first, it does you no good to pretend you can take the darkness away immediately, or act like the darkness is not there at all. When you've just begun a night mission in the desert at NTC, it's pretty obvious that that darkness isn't going away anytime soon. And, it certainly is of no advantage to act as though it's really daytime, and drive your HMMWV the same way. The night vision you have is good, but it's not that good.

In the same way, you're not able to take spiritual darkness away from yourself or someone else with a quick and easy solution. So often, we want to give an easy solution that will *Abracadabra!* take the darkness away immediately. Quick fixes often fail, and when they do you or someone else will become frustrated all the more.

Instead, you must deal with spiritual darkness by using the spiritual night vision God gives us in His Word, by His Holy Spirit. A well-known pastor once described the Bible as spectacles (glasses) by which to rightly understand ourselves, our world, and our God. We can develop that description further by saying that the Bible is our *spiritual night vision goggles* to properly see in the midst of the darkness of our own experience, the darkness of our own hearts, and the darkness of the world around us.

God, in His Word, counsels you with patience, not a quick or easy solution. God calls you to be patient in the midst of spiritual darkness, and to use the spiritual night

vision He's given you—not necessarily to find an easy solution to make the darkness go away. Isaiah 50:10 says: "Who among you fears the Lord and obeys the word of His servant? Let him who walks in the dark, who has no light, trust in the name of the Lord and rely on his God." Patiently looking to the Lord and trusting in Him is what God calls you to.

What else do we see when we use the Bible as our spiritual night vision? What we see is that God grants us victory through

times of darkness because of who Christ is, and what He has done. Jesus Christ also walked through darkness during His earthly ministry, and willingly took upon Himself the darkness of God's wrath against our sin that He endured on the cross, which we recently remembered on Good Friday. But, Christ did not remain in darkness. Easter morning came!

God's Word tells you that He will deliver you, through His Son, from whatever spiritual darkness you walk in. This hope gives you the spiritual night vision you need. "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God" (Hebrews 12:1-2).



Photo by U.S. Army Staff Pfc. Jason Dangel

The Forward Operating Base Prosperity Gospel Choir performs a song during Easter Sunrise Services Sunday April 16.



# OPSEC

The enemy uses unsecured information technology such as computers, cell phones, phone calls, internet, email, BLOGS, etc., to exploit our vulnerabilities, capabilities and intentions. The approach ranges from sophisticated information gathering techniques to gathering bits of critical information from public domain. Leaders must adapt to this reality and maintain vigilance in information management. IRONHORSE has directed all leaders in Multi-National Division-Baghdad to execute.

## 1.) SEE COMMON TT# 301-371-1050 SOLDIERS TRAINING PUBLICATION 21-1

**Implement the OPSEC Process.** OPSEC has five steps that apply to any plan, operation, program, project, or activity. They provide a framework for the systematic process necessary to identify, analyze, and protect information for essential secrecy. The process is continuous. It considers the changing nature of the threat and friendly vulnerabilities throughout the operation. It uses the following steps, but does not have to follow them in a particular sequence.

**(a.) Identify critical information.** Critical information consists of specific facts about friendly intentions, capabilities, and activities vitally needed by the threat to plan effectively and to guarantee failure or unacceptable consequences for friendly mission accomplishment.

**(1) Determine what needs protection.**

**(2) Identify key questions that threat officials are likely to ask about friendly intentions, capabilities, and activities, so they can obtain answers critical to their operational effectiveness. To determine sensitive aspects of our operations, ask "If known by the threat, what information and what actions could compromise friendly operations or identify us?"**

**(3) Identify friendly force profile.** The G3 and the G2 are responsible for developing friendly force profiles.

**(4) Avoid setting patterns.**

**(b.) Conduct an analysis of threats.**

**(1) Identify OPSEC vulnerabilities.** It is absolutely necessary that you know the threat. This information will assist in determining vulnerabilities to the threat and it will become even more important when the time comes to implement countermeasures or deception measures.

**(2) Examine each part of the operation to find OPSEC indicators. Compare those indicators with the threat collection capabilities. A vulnerability exists when the threat can collect an indicator, correctly analyze the information, make a decision, and take timely action to degrade friendly operations.**

**(c.) Conduct an analysis of vulnerabilities.**

**(1) Identify possible OPSEC measures for each vulnerability.**

**(2) Select at least one OPSEC measure for each vulnerability.**

**(3) Assess the sufficiency of routine security measures (personnel, physical, document, special access, and automated information systems).**

**(d.) Perform risk assessment.** The purpose of this step is to select OPSEC measures for implementation. This step is designed to determine if a risk to an operation's success exists should the threat detect friendly indicators, patterns, or signatures. Only the commander responsible for the mission can make this decision. He must balance the risk of operational failure against the cost of OPSEC measures.

**(1) Consider the impact of an OPSEC measure on operational efficiency.**

**(2) Consider the probable risk to mission success (effectiveness) if the unit does not implement an OPSEC measure.**

**(3) Consider the probable risk to mission success if an OPSEC measure does not work.**

**(4) Decide which, if any, OPSEC measures to implement and when to do so.**

**(5) Check the interaction of OPSEC measures.** Ensure that a measure to protect a specific piece of critical information does not unwittingly provide an indicator of another.

**e.) Apply appropriate countermeasures to deny threat information of specific friendly intentions, capabilities, and activities.**